

What is Claimed Is:

1. A method of reducing the incidence of colorectal cancers in a mammal in need thereof, which method comprises administering to said mammal an effective amount of a water soluble, non-fermentable cellulose derivative, alone or in combination with an insoluble fiber and/or a soluble fermentable fiber.
2. The method according to Claim 1 wherein the water soluble, non-fermentable cellulose derivative is a cellulose ether which is methylcellulose, ethylcellulose, carboxymethylcellulose, hydroxypropyl-methylcellulose, or a combination thereof.
3. The method according to Claim 1 ~~or 2~~, wherein the soluble fermentable fiber is psyllium.
4. The method according to Claim 1 ~~or 2~~, wherein the insoluble fiber is wheat bran.
5. The method according to any one of Claims 1 to 4 wherein the water soluble, non-fermentable cellulose derivative is methylcellulose or hydroxypropyl-methylcellulose.
6. The method according to Claim 2 wherein the cellulose is administered as bulk powder, a tablet, or suspension, which optionally contains sugar.
7. The method according to Claim 6 wherein the cellulose is administered in a rapidly disintegrating tablet.
8. The method according to Claim 1 wherein the total daily dosage administered is from about 0.4 gram to 30 grams day.
9. The method according to Claim 8 wherein the total daily dosage administered is from about 1 gram to 10 grams day.
10. A method of reducing the incidence of breast cancer in a mammal in need thereof, which method comprises administering to said mammal an effective amount

of a water soluble, non-fermentable cellulose derivative, alone or in combination with an insoluble fiber and/or a soluble fermentable fiber.

11. The method according to Claim 10 wherein the water soluble, non-fermentable cellulose derivative is a cellulose ether which is methylcellulose, ethylcellulose, carboxymethylcellulose, hydroxypropyl-methylcellulose, or a combination thereof.
12. The method according to Claim 10 ~~or H~~, wherein the soluble fermentable fiber is psyllium.
13. The method according to Claim 10 ~~or H~~, wherein the insoluble fiber is wheat bran.
14. The method according to any one of Claims 10 to 13 wherein the water soluble, non-fermentable cellulose derivative is methylcellulose or hydroxypropyl-methylcellulose.
15. The method according to Claim 11 wherein the cellulose is administered as bulk powder, a tablet, or suspension, which optionally contains sugar.
16. The method according to Claim 15 wherein the cellulose is administered in a rapidly disintegrating tablet.
17. The method according to Claim 10 wherein the total daily dosage administered is from about 0.4 gram to 30 grams day.
18. The method according to Claim 17 wherein the total daily dosage administered is from about 1 gram to 10 grams day.

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